

Guest lecture
On
Basic Human Fitness

EVENT NAME: Basic Human Fitness

CLASS: SYBMS A

DATE: 4th July,2023

TIME: 8.20am to 9:20am

SPEAKER: Mr. Punit Shah

TOPIC: Basic Human Fitness

VENUE: Law building-404



Malad Kandivali Education Society's
NAGINDAS KHANDWALA COLLEGE OF COMMERCE,
ARTS AND MANAGEMENT STUDIES
(AUTONOMOUS)
Re-Accredited (4th Cycle) by NAAC with 'A' Grade



PRESENTS
GUEST LECTURE

BY
PUNIT SHAH
TOPIC: Basic Human Fitness
(Why, What and How)

- Importance of Basic Human Fitness.
- Actual Meaning of Fitness
- Practical Steps to Fitness
- New Model of Living Our Lives.

CLASS: SYBMS

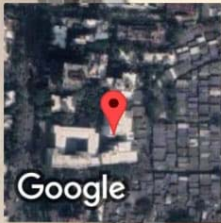
VENUE: L 404 and L 405

TIME: 7:00 am to 9:am

DATE: 4th July 2023



GPS Map Came



Google

Mumbai, Maharashtra, India

B-1, Bhadran Nagar Rd, Kandivali, Bhadran Nagar, Kandivali West, Mumbai, Maharashtra 400064, India

Lat 19.193058°

Long 72.848042°

04/07/23 08:29 AM GMT +05:30



GPS Map Came



Mumbai, Maharashtra, India

Nagindas Khandwala College, Bhadran Nagar Rd, Kandivali, Bhadran Nagar,
Kandivali West, Mumbai, Maharashtra 400064, India

Lat 19.193077°

Long 72.848028°

04/07/23 09:10 AM GMT +05:30

Google

